

ABSTRACT OF DISCLOSURE

A high frequency heating apparatus 100 having a high frequency generating portion 13 and a steam generating portion 15 for generating steam into a heating chamber 11 for accommodating a thing to be heated and serving to supply at least one of a high frequency and steam into the heating chamber 11, thereby heating the thing to be heated, includes a pan 21 which serves to mount the thing to be heated thereon and is provided to be upward removable apart from a bottom face of the heating chamber 11 at a predetermined interval, thereby dividing a space in the heating chamber 11, steam delivery means 29 for supplying the steam generated by the steam generating portion 15 into an upper space positioned above the pan 21, and preheating means 17 for raising an atmospheric temperature in the heating chamber.

[Selected Drawing]

Fig. 1